

## Elementary (K-5 & K-8) Lunch Menu

## **August-September 2013**

The cost of a paid student meal is \$2.00. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk.

OR Veggie Stir Fry w/ Brown Rice Garlic Lemon Broccoli Fresh Baby Carrots w/ Light Dressing Fresh Local Apple  2  LABOR DAY (No School)  Fresh	y Beef Burger on a Whole Wheat Bun  OR can Corn Salad w/ Black Beans & Whole Grain Tortilla Chips  Ranch Style Black Beans Fresh Cucumber Coins  Fresh Orange  OR en Salad w/Romaine, Tomatoes, esee & Whole Grain Garlic Roll  Southwest Pinto Beans n Baby Carrots w/ Light Dressing Fresh Orange  10 / Hot Dog on a Whole Wheat Bun  OR	BBQ Chicken Sandwich on Whole Wheat Bun OR Toasted Cheese Sandwich Seasoned Baked Potato Wedges Fresh Tuscan Kale Salad Fresh Local Peach 4 Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun OR Whole Grain Cheese Ravioli & Whole Grain Garlic Roll Seasoned Broccoli Fresh Confetti Coleslaw Fresh Local Peach 11 Turkey Philly on a Whole Grain Bun	NEW! Rotini w/ Turkey Meat Sauce OR Egg Salad Sandwich on Whole Wheat Bread Green Beans Italiano Fresh Baby Carrots w/ Light Dressing Fresh Banana 5 NEW! Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll OR Whole Grain Homemade Mac-N-Cheese Seasoned Carrots Fresh Tuscan Kale Salad Fresh Banana 12 Homemade Cheese Pizza on Whole Wheat Crust	Homemade Cheese Pizza on Whole Wheat Crust  OR  NEW! Tuna Melt on Whole Grain Bread  Seasoned Carrots Fresh Romaine & Tomato Side Salad  Pear Sauce  6  Teriyaki Chicken & Brown Rice  OR  NEW! Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing  Pear Sauce  13  Korean Chicken w/ Brown Rice
OR Veggie Stir Fry w/ Brown Rice Garlic Lemon Broccoli Fresh Baby Carrots w/ Light Dressing Fresh Local Apple  2  LABOR DAY (No School)  Fresh  Whole Wheat Spaghetti w/ Beef Meatballs & Marinara  Mexic	Bun  OR can Corn Salad w/ Black Beans & Whole Grain Tortilla Chips  Ranch Style Black Beans Fresh Cucumber Coins  Fresh Orange  OR en Salad w/Romaine, Tomatoes, ese & Whole Grain Garlic Roll  Southwest Pinto Beans a Baby Carrots w/ Light Dressing Fresh Orange  10 Hot Dog on a Whole Wheat Bun	Wheat Bun OR Toasted Cheese Sandwich Seasoned Baked Potato Wedges Fresh Tuscan Kale Salad Fresh Local Peach  Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun OR Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Seasoned Broccoli Fresh Confetti Coleslaw Fresh Local Peach  11 Turkey Philly on a Whole Grain Bun	OR  Egg Salad Sandwich on Whole Wheat Bread  Green Beans Italiano Fresh Baby Carrots w/ Light Dressing  Fresh Banana  5  NEW! Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll  OR  Whole Grain Homemade Mac-N-Cheese Seasoned Carrots Fresh Tuscan Kale Salad  Fresh Banana  12  Homemade Cheese Pizza on Whole	Wheat Crust OR  NEW! Tuna Melt on Whole Grain Bread Seasoned Carrots Fresh Romaine & Tomato Side Salad Pear Sauce 6 Teriyaki Chicken & Brown Rice OR NEW! Veggie Stir Fry w/ Brown Rice Seasoned Peas Fresh Baby Carrots w/ Light Dressing Pear Sauce 13 Korean Chicken w/ Brown Rice
Veggie Stir Fry w/ Brown Rice  Garlic Lemon Broccoli Fresh Baby Carrots w/ Light Dressing  Fresh Local Apple  2  LABOR DAY (No School)  Garde Che Che Whole Wheat Spaghetti w/ Beef Meatballs & Marinara	can Corn Salad w/ Black Beans & Whole Grain Tortilla Chips  Ranch Style Black Beans Fresh Cucumber Coins  Fresh Orange  3  Santa Fe Beef Burger  OR en Salad w/Romaine, Tomatoes, eese & Whole Grain Garlic Roll  Southwest Pinto Beans a Baby Carrots w/ Light Dressing Fresh Orange  10  Hot Dog on a Whole Wheat Bun	Toasted Cheese Sandwich  Seasoned Baked Potato Wedges Fresh Tuscan Kale Salad  Fresh Local Peach  4  Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun  OR  Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Seasoned Broccoli Fresh Confetti Coleslaw  Fresh Local Peach  11  Turkey Philly on a Whole Grain Bun	Egg Salad Sandwich on Whole Wheat Bread Green Beans Italiano Fresh Baby Carrots w/ Light Dressing Fresh Banana  5  NEW! Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll  OR  Whole Grain Homemade Mac-N-Cheese Seasoned Carrots Fresh Tuscan Kale Salad Fresh Banana  12  Homemade Cheese Pizza on Whole	NEW! Tuna Melt on Whole Grain Bread  Seasoned Carrots Fresh Romaine & Tomato Side Salad  Pear Sauce  6  Teriyaki Chicken & Brown Rice  OR  NEW! Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing Pear Sauce  13  Korean Chicken w/ Brown Rice
Veggie Stir Fry w/ Brown Rice Garlic Lemon Broccoli Fresh Baby Carrots w/ Light Dressing Fresh Local Apple  2  LABOR DAY (No School)  Garde Che  Whole Wheat Spaghetti w/ Beef Meatballs & Marinara	Whole Grain Tortilla Chips  Ranch Style Black Beans Fresh Cucumber Coins  Fresh Orange  3  Santa Fe Beef Burger  OR  en Salad w/Romaine, Tomatoes, 2000 2000 2000 2000 2000 2000 2000 200	Seasoned Baked Potato Wedges Fresh Tuscan Kale Salad  Fresh Local Peach  4  Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun  OR  Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Seasoned Broccoli Fresh Confetti Coleslaw  Fresh Local Peach  11  Turkey Philly on a Whole Grain Bun	Bread  Green Beans Italiano Fresh Baby Carrots w/ Light Dressing  Fresh Banana  5  NEW! Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll  OR  Whole Grain Homemade Mac-N-Cheese Seasoned Carrots Fresh Tuscan Kale Salad  Fresh Banana  12  Homemade Cheese Pizza on Whole	Seasoned Carrots Fresh Romaine & Tomato Side Salad Pear Sauce  6 Teriyaki Chicken & Brown Rice  OR NEW! Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing Pear Sauce  13 Korean Chicken w/ Brown Rice
Fresh Baby Carrots w/ Light Dressing Fresh Local Apple  2  LABOR DAY (No School)  Garde Che (No School)  Fresh  Whole Wheat Spaghetti w/ Beef Meatballs & Marinara	Fresh Cucumber Coins  Fresh Orange  3  Santa Fe Beef Burger  OR  en Salad w/Romaine, Tomatoes, eese & Whole Grain Garlic Roll  Southwest Pinto Beans a Baby Carrots w/ Light Dressing  Fresh Orange  10  Hot Dog on a Whole Wheat Bun	Fresh Tuscan Kale Salad  Fresh Local Peach  4  Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun  OR  Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Seasoned Broccoli Fresh Confetti Coleslaw  Fresh Local Peach  11  Turkey Philly on a Whole Grain Bun	Fresh Baby Carrots w/ Light Dressing Fresh Banana  5  NEW! Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll  OR  Whole Grain Homemade Mac-N-Cheese Seasoned Carrots Fresh Tuscan Kale Salad Fresh Banana  12  Homemade Cheese Pizza on Whole	Fresh Romaine & Tomato Side Salad  Pear Sauce  6  Teriyaki Chicken & Brown Rice  OR  NEW! Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing Pear Sauce  13  Korean Chicken w/ Brown Rice
LABOR DAY (No School)  Fresh  Whole Wheat Spaghetti w/ Beef Meatballs & Marinara	OR  en Salad w/Romaine, Tomatoes, eese & Whole Grain Garlic Roll  Southwest Pinto Beans an Baby Carrots w/ Light Dressing  Fresh Orange  10  Hot Dog on a Whole Wheat Bun	Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun OR Whole Grain Cheese Ravioli & Whole Grain Garlic Roll Seasoned Broccoli Fresh Confetti Coleslaw Fresh Local Peach 11 Turkey Philly on a Whole Grain Bun	NEW! Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll OR Whole Grain Homemade Mac-N-Cheese Seasoned Carrots Fresh Tuscan Kale Salad Fresh Banana 12 Homemade Cheese Pizza on Whole	OR  NEW! Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing Pear Sauce  13  Korean Chicken w/ Brown Rice
LABOR DAY (No School)  Fresh  Whole Wheat Spaghetti w/ Beef Meatballs & Marinara	OR en Salad w/Romaine, Tomatoes, eese & Whole Grain Garlic Roll  Southwest Pinto Beans and Baby Carrots w/ Light Dressing Fresh Orange 10 / Hot Dog on a Whole Wheat Bun	Hot Turkey Meatball Sub w/ Marinara & Mozzarella on Whole Wheat Bun  OR  Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Seasoned Broccoli Fresh Confetti Coleslaw  Fresh Local Peach  11  Turkey Philly on a Whole Grain Bun	NEW! Pescado a La Mexicana (Mexican Style Baked Fish) Whole Wheat Dinner Roll  OR  Whole Grain Homemade Mac-N- Cheese  Seasoned Carrots Fresh Tuscan Kale Salad  Fresh Banana  12  Homemade Cheese Pizza on Whole	Teriyaki Chicken & Brown Rice  OR  NEW! Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing Pear Sauce  13  Korean Chicken w/ Brown Rice
(No School)  Fresh  Whole Wheat Spaghetti w/ Beef Meatballs & Marinara  Che	OR en Salad w/Romaine, Tomatoes, tese & Whole Grain Garlic Roll  Southwest Pinto Beans on Baby Carrots w/ Light Dressing  Fresh Orange  10 / Hot Dog on a Whole Wheat Bun	& Mozzarella on Whole Wheat Bun OR Whole Grain Cheese Ravioli & Whole Grain Garlic Roll Seasoned Broccoli Fresh Confetti Coleslaw Fresh Local Peach 11 Turkey Philly on a Whole Grain Bun	(Mexican Style Baked Fish) Whole Wheat Dinner Roll OR Whole Grain Homemade Mac-N-Cheese Seasoned Carrots Fresh Tuscan Kale Salad Fresh Banana 12 Homemade Cheese Pizza on Whole	OR  NEW! Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing  Pear Sauce  13  Korean Chicken w/ Brown Rice
(No School)  Fresh  Whole Wheat Spaghetti w/ Beef Meatballs & Marinara  Che	en Salad w/Romaine, Tomatoes, eese & Whole Grain Garlic Roll  Southwest Pinto Beans an Baby Carrots w/ Light Dressing  Fresh Orange  10  / Hot Dog on a Whole Wheat Bun	Whole Grain Cheese Ravioli & Whole Grain Garlic Roll  Seasoned Broccoli Fresh Confetti Coleslaw  Fresh Local Peach  11  Turkey Philly on a Whole Grain Bun	Whole Grain Homemade Mac-N-Cheese Seasoned Carrots Fresh Tuscan Kale Salad Fresh Banana 12 Homemade Cheese Pizza on Whole	NEW! Veggie Stir Fry w/ Brown Rice  Seasoned Peas Fresh Baby Carrots w/ Light Dressing  Pear Sauce  13  Korean Chicken w/ Brown Rice
(No School)  Fresh  Whole Wheat Spaghetti w/ Beef Meatballs & Marinara  Che	Southwest Pinto Beans  Baby Carrots w/ Light Dressing  Fresh Orange  10  Hot Dog on a Whole Wheat Bun	Grain Garlic Roll  Seasoned Broccoli Fresh Confetti Coleslaw  Fresh Local Peach  11  Turkey Philly on a Whole Grain Bun	Cheese Seasoned Carrots Fresh Tuscan Kale Salad Fresh Banana 12 Homemade Cheese Pizza on Whole	Seasoned Peas Fresh Baby Carrots w/ Light Dressing Pear Sauce  13 Korean Chicken w/ Brown Rice
9 Whole Wheat Spaghetti w/ Beef Turkey Meatballs & Marinara	Fresh Orange  10  Hot Dog on a Whole Wheat Bun	Fresh Confetti Coleslaw  Fresh Local Peach  11  Turkey Philly on a Whole Grain Bun	Fresh Tuscan Kale Salad  Fresh Banana  12  Homemade Cheese Pizza on Whole	Fresh Baby Carrots w/ Light Dressing Pear Sauce  13  Korean Chicken w/ Brown Rice
Whole Wheat Spaghetti w/ Beef Meatballs & Marinara	/ Hot Dog on a Whole Wheat Bun	11 Turkey Philly on a Whole Grain Bun	12 Homemade Cheese Pizza on Whole	Korean Chicken w/ Brown Rice
Whole Wheat Spaghetti w/ Beef Meatballs & Marinara  Turkey	Hot Dog on a Whole Wheat Bun	Turkey Philly on a Whole Grain Bun	Homemade Cheese Pizza on Whole	Korean Chicken w/ Brown Rice
Meatballs & Marinara	·			
OR	OR			
		OR	OR	OR
Whole Wheat Spaghetti w/ Marinara & Whol Mozzarella	le Grain Cheese Ravioli & Whole Grain Garlic Roll	Egg Salad Sandwich on a Whole Wheat Bread	Chicken Salad Sandwich	Veggie Stir Fry w/ Brown Rice
	daked Sweet Potato Wedges esh Broccoli w/ Light Dressing	Baked Beans Fresh Romaine & Tomato Side Salad	Seasoned Peas Fresh Baby Carrots w/ Light Dressing	Seasoned Carrots Fresh Celery Sticks w/ Light Dressing
Fresh Local Apple	Fresh Orange	Chilled Peaches	Fresh Banana	Pear Sauce
16	17	18	19	20
NEW! Beefy Sloppy Joe on a Whole Rot Wheat Bun	isserie Chicken Drumsticks w/ Brown Rice	Whole Grain Chicken Nuggets Whole Grain Garlic Roll	<b>NEW!</b> Cherry Blossom Chicken w/ Brown Rice	Chicken & Spinach Whole Wheat Flatbread
OR	OR	OR	OR	OR
Whole Grain Homemade Mac-N- Egg S Cheese	alad Sandwich on Whole Wheat Bread	Toasted Cheese Sandwich	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Wheat Dinner Roll	Toasted Cheese Sandwich
Southwest Pinto Beans Fresh Cucumber Coins Fresh	Green Beans Italiano n Romaine & Tomato Side Salad	Baked Sweet Potato Half w/ Cinnamon Fresh Broccoli Florets w/ Light Dressing	Glazed Carrots Cucumber & Tomato Salad	Seasoned Corn Fresh Baby Carrots w/ Light Dressing
Fresh Local Apple	Fresh Orange	Chilled Peaches	Fresh Banana	Pear Sauce
23	24	25	26	27
Chicken Taco on Whole Wheat Tortilla  OR	Polpetta Italiana (Pizza Beef Burger)	Korean Chicken w/ Brown Rice	Homemade Cheese Pizza on Whole Wheat Crust	Whole Wheat Spaghetti w/ Turkey Meatballs & Marinara
	OR	OR	OR	OR
NEW! Black Bean Taco on Whole Wheat Tortilla Whol	le Grain Cheese Ravioli & Whole Grain Garlic Roll	Veggie Stir Fry w/ Brown Rice	Panko Crusted Fish Sandwich on Whole Wheat Bun w/ Homemade Tartar Sauce	Whole Wheat Spaghetti w/ Marinara & Mozzarella
Southwest Pinto Beans B Fresh Broccoli Florets w/ Light Dressing	Baked Sweet Potato Wedges Fresh Cucumber Coins	Country Collard Greens Fresh Broccoli Florets w/ Light Dressing	Seasoned Corn Fresh Baby Carrots w/ Light Dressing	Seasoned Carrots Fresh Celery Sticks w/ Light Dressing
Fresh Local Apple	Fresh Orange	Chilled Peaches	Fresh Banana	Pear Sauce

**Welcome Back To School!** 

Greens

